

1. – 5. (Canceled)

6. (Currently Amended) A process for assisting a person in adhering to a healthy diet, comprising the steps of:

- a. obtaining at least one two-sided alerting label, having a temporary adhesive on a lower side and having an alerting symbol on an upper side,
- b. placing said alerting ~~label~~ symbol on top of the dominant hand of the person.

7. (Canceled)

8. (Original) A process for assisting a person in adhering to a healthy diet, comprising the step of:

- a. applying a temporary tattoo having an alerting symbol on top of the dominant hand of the person.

9. – 16. (Cancelled)

17. (New) A process according to claim 6, further comprising:

- c. obtaining at least one container-suitable two-sided alerting label, having an adhesive on a lower side and having said alerting symbol on an upper side,
- d. placing said container-suitable two-sided alerting label on a container containing food which is not conducive to the healthy diet if consumed in significant quantities.

18. (New) A process according to claim 6, further comprising:

- c. obtaining at least one container-suitable two-sided encouraging label, having an adhesive on a lower side and having an encouraging symbol on an upper side,
- d. placing said container-suitable two-sided encouraging label on a container containing food which is conducive to the healthy diet.

19. (New) A process according to claim 6, further comprising:
- c. obtaining at least one container-suitable two-sided warning label, having an adhesive on a lower side and having a warning symbol on an upper side,
 - d. placing said container-suitable two-sided warning label on a container containing food which is not conducive to the healthy diet.
20. (New) A process according to claim 17, further comprising:
- e. obtaining at least one container-suitable two-sided encouraging label, having an adhesive on a lower side and having an encouraging symbol on an upper side,
 - f. placing said container-suitable two-sided encouraging label on a container containing food which is conducive to the healthy diet.
21. (New) A process according to claim 19, further comprising:
- e. obtaining at least one container-suitable two-sided encouraging label, having an adhesive on a lower side and having an encouraging symbol on an upper side,
 - f. placing said container-suitable two-sided encouraging label on a container containing food which is conducive to the healthy diet.
22. (New) A process according to claim 20, further comprising:
- g. obtaining at least one container-suitable two-sided warning label, having an adhesive on a lower side and having a warning symbol on an upper side,
 - h. placing said container-suitable two-sided warning label on a container containing food which is not conducive to the healthy diet.
23. (New) A process according to claim 8, further comprising:
- b. obtaining at least one container-suitable two-sided alerting label, having an adhesive on a lower side and having said alerting symbol on an upper side,

- c. placing said container-suitable two-sided alerting label on a container containing food which is not conducive to the healthy diet if consumed in significant quantities.

24. (New) A process according to claim 8, further comprising:

- b. obtaining at least one container-suitable two-sided encouraging label, having an adhesive on a lower side and having an encouraging symbol on an upper side,
- c. placing said container-suitable two-sided encouraging label on a container containing food which is conducive to the healthy diet.

25. (New) A process according to claim 8, further comprising:

- b. obtaining at least one container-suitable two-sided warning label, having an adhesive on a lower side and having a warning symbol on an upper side,
- c. placing said container-suitable two-sided warning label on a container containing food which is not conducive to the healthy diet.

26. (New) A process according to claim 23, further comprising:

- d. obtaining at least one container-suitable two-sided encouraging label, having an adhesive on a lower side and having an encouraging symbol on an upper side,
- e. placing said container-suitable two-sided encouraging label on a container containing food which is conducive to the healthy diet.

27. (New) A process according to claim 25, further comprising:

- d. obtaining at least one container-suitable two-sided encouraging label, having an adhesive on a lower side and having an encouraging symbol on an upper side,
- e. placing said container-suitable two-sided encouraging label on a container containing food which is conducive to the healthy diet.

28. (New) A process according to claim 26, further comprising:
- f. obtaining at least one container-suitable two-sided warning label, having an adhesive on a lower side and having a warning symbol on an upper side,
 - g. placing said container-suitable two-sided warning label on a container containing food which is not conducive to the healthy diet.
29. (New) A process according to claim 6, further comprising:
- c. serving food to the person in a partitioned bowl, each partitioned segment of the bowl bearing a symbol identifying a particular food group, each segment of a size appropriate to contain a desirable amount of the food group identified by the symbol applicable to that segment.
30. (New) A process according to claim 8, further comprising:
- b. serving food to the person in a partitioned bowl, each partitioned segment of the bowl bearing a symbol identifying a particular food group, each segment of a size appropriate to contain a desirable amount of the food group identified by the symbol applicable to that segment.
31. (New) A process according to claim 6, further comprising:
- c. providing a chart with printed instructions regarding the healthy diet,
 - d. affixing a symbol substantially similar to said alerting symbol to said chart to identify foods not conducive to the healthy diet.
32. (New) A process according to claim 8, further comprising:
- b. providing a chart with printed instructions regarding the healthy diet,
 - c. affixing a symbol substantially similar to said alerting symbol to said chart to identify foods not conducive to the healthy diet.
33. (New) A process according to claim 29, further comprising:
- d. providing a chart with printed instructions regarding the healthy diet,
 - e. affixing a symbol substantially similar to said alerting symbol to said chart to

identify foods not conducive to the healthy diet.

34. (New) A process according to claim 30, further comprising:
- c. providing a chart with printed instructions regarding the healthy diet,
 - d. affixing a symbol substantially similar to said alerting label to said chart to identify foods not conducive to the healthy diet.
35. (New) A process according to claim 33, further comprising:
- f. obtaining at least one container-suitable two-sided alerting label, having an adhesive on a lower side and having said alerting symbol on an upper side,
 - g. placing said container-suitable two-sided alerting label on a container containing food which is not conducive to the healthy diet if consumed in significant quantities.
36. (New) A process according to claim 34, further comprising:
- e. obtaining at least one container-suitable two-sided alerting label, having an adhesive on a lower side and having said alerting symbol on an upper side,
 - f. placing said container-suitable two-sided alerting label on a container containing food which is not conducive to the healthy diet if consumed in significant quantities.



Remarks

Applicant respectfully submits that Claims 6 and 8, and all Claims depending on Claims 6 and 8, are drawn to a method of using printed matter, classified in class 283, subclass 67. Therefore, Applicant requests consideration of Claims 6 and 8 and new Claims 17 – 36 within Group II, which is provisionally elected hereby. An additional filing fee for two claims in excess of twenty total claims is submitted herewith.

Respectfully submitted,

A handwritten signature in cursive script, reading "Linda Flewellen Gould", written over a horizontal line.

Linda Flewellen Gould
Registration Number 31,515
Gould & Whitley
1665 Briargate Blvd., Suite 101
Colorado Springs, Colorado 80920
719-531-0994
lgould@rwsoft.com